

Cystic Fibrosis

From infancy through adulthood, physical therapy is used in the care of patients with cystic fibrosis (CF). Our physical therapists educate patients and caregivers in a variety of techniques and exercises to improve and maintain lung function, posture, strength and endurance. The techniques and exercises used may change several times throughout the patient's life. Working closely with patients and families along with the CF team (doctor, nurse, nutritionist and social worker), our physical therapists help determine when and what the technique changes will be.

Airway clearance techniques (ACT's) are used to clear the lungs of secretions

- Breathing exercises including active cycle of breathing and autogenic drainage
- Huffing and coughing
- Positive expiratory pressure (PEP) devices, including the acapella or flutter
- Postural drainage, percussion and vibration

Exercise is another important component for people with CF. Our physical therapists instruct patients in exercises to address a variety of issues

- Aerobic conditioning
- Incontinence
- Posture
- Strengthening



A physical therapist provides care for cystic fibrosis patients that includes a fitting for a special vest that helps to clear the airways.

During a hospital admission, our physical therapists see a client with CF up to three times each day. Two of these sessions are for airway clearance and one session is for exercise. A physical therapist is present in the pediatric and adult CF outpatient clinics to update a client's home program or instruct patients in new airway clearance techniques and/or exercise techniques.

For more information, please contact

The Johns Hopkins Hospital
600 North Wolfe Street
Meyer 1-130
Baltimore, Maryland 21287
Phone: 410-614-3234
Fax: 410-614-2065

